OFFENCE GOES SOUTH
CANUCKS STRUGGLING TO FIND SCORING TOUCH {page 25}

LAST CALL
PARTY LEADERS ON WHAT'S AT STAKE

Pages 4, 6 & 7

For the leaders' full answers, go to metronews.ca

VANCOUVER metro®

Monday, May 2, 2011
www.metronews.ca

News worth sharing.

BIN LADEN IS DEAD

Terrorist hid in mansion in mountainous region of Pakistan near Islamabad

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that murdered thousands of Americans, was killed in an operation led by the United States, President Barack Obama said yesterday.

A small team of Americans killed bin Laden in a firefight yesterday at a compound in Pakistan, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

Prime Minister Stephen Harper said bin Laden's death brings justice to Canadians killed in the Sept. 11 attacks and their families.

Few details were immediately available of the operation that resulted in bin Laden's death, though the president said none of the Americans involved was harmed.

The development came just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and the Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

"His demise should be welcomed by anyone who values peace and human dignity."
U.S. PRESIDENT BARACK OBAMA

A senior administration official says Obama gave the final order for U.S. officials to go after bin Laden on Friday.

Obama spoke with former presidents George W. Bush and Bill Clinton last night to inform them of the developments.

Obama struck a less than boastful tone in his brief announcement, though he said the death of bin Laden was "the most significant achievement to date in our nation's effort to defeat al-Qaida."

Moments after he spoke, American officials cautioned that the events could lead to heightened threats against the United States.

THE ASSOCIATED PRESS

ABC NEWS/THE ASSOCIATED PRESS

▶ In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.

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Minimum wage increases

B.C.'s minimum wage officially went up yesterday for the first time in eight years, to $8.75 an hour from $8. The increase is the first of a three-stage raise that will bring up the general minimum wage to $10.25 an hour by May 1, 2012. METRO

SUBMITTED/B.C. SPCA

▶ Mass grave near Whistler.

SPCA exhuming sled dogs

Animal rights workers in Whistler have begun the grisly task of exhuming the remains of about 100 dogs that were allegedly culled last April by an employee of a sled-dog tour company. The excavation of the site and the followup examination is expected to cost up to $225,000, said Marcie Moriarty, the B.C. SPCA's general manager of cruelty investigations.

"We owe it to those 100 dogs buried in that mass grave to ensure that this type of tragic incident never happens again in B.C.," Moriarty said. JEFF HODSON

For more local news, go online to metronews.ca/vancouver

Annual. Run

▶ Spectators cheer on the runners for the 2011 BMO Vancouver Marathon yesterday. An estimated 15,000 runners took part in the 40th annual run with almost 40 countries represented. Benard Onsare of Calgary took first place in the marathon at two hours and 19 minutes. Gilbert Kiptoo of Kenya was second with two hours and 23 seconds.

PHYLICIA TORREVILLAS/METRO

Thousands take part in Vancouver Marathon

NHL puts a lid on Canucks support

League lawyers tell local auto dealer to take down 'Go Canucks Go' signs ◐ Radio station also cited for infringing on Stanley Cup copyright

MATT KIELTYKA
@METRONEWS.CA

The National Hockey League seems to be doing its best to keep a lid on Canucks fever.

Employees of Vancouver's Kingsway Honda consider themselves to be Canucks super fans and show it by wearing jerseys in the dealership on game days and by adorning their storefront windows with "Go Canucks Go" signs of support.

That was until the weekend, when the league's copyright lawyers sent a letter to the business demanding the Canucks logos and name be taken down.

It was a bitter pill to swallow for Kingsway Honda general manager Doug Lum.

"The intention was just to show our support — we're big Canucks fans," said Lum. "I don't know why they'd come after us like this, it's bizarre."

The dealership has complied with the league's request by replacing "Go Canucks Go" with "Go _nucks Go" on their storefront window.

"We're not going to stop supporting the team," Lum said. "Hopefully they won't ask us to take the rest of it down."

Local radio station Rock 101 was also hit with a cease and desist from the league, which said their "Crush for the Cup" contest violates copyright law.

News of the legal action was met with largely negative response by Canucks fans on the Internet.

"Go! Copyright-protected, locally-based professional hockey team! Go!" tweeted @vansport.

"If I tweet GO #CANUCKS GO, am I infrnging upon #NHL copyright? ;)" asked @GlendaWH.

For his part, Lum has been fielding media calls from national media since the story broke.

"It's reached across Canada, it's quite surprising," he said. "We don't want to ruffle any feathers, let's just get on with Game 3 and get to the finals."

1 news

Victims of the American South's deadly twisters seek solace in Sunday service.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Canada's federal party leaders make one last mad dash for votes ahead of election day. Video at metronews.ca.

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Is that your best shot?

Politicians are a thick-skinned lot, but the attacks can wear thin We asked the three leading candidates to respond to their rivals' hardest jabs

Election 2011

The rap: Liberal Leader Michael Ignatieff has lived outside of Canada for a number of years and shouldn't be trusted.

The counter-punch: "I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience. This is a prime minister who lost our seat on the Security Council of the United Nations. This is the prime minister who presided over the decline in our international prestige.

"And what is he saying here? The only good Canadian is the Canadian who's never left the country. That doesn't sound right to me. A Canadian is a Canadian. I'm proud of what I did overseas and I'm proud I've come back to serve."

The rap: Prime Minister Stephen Harper doesn't respect democracy.

The counter-punch: "I think the people who are out of office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a significant extent, because the other parties have simply refused to accept the democratic judgment of Canadians and are forcing election after election after election.

"This is, I think, why Canada needs a stable majority Conservative government. So we deal with the real issues, not all these parliamentary manoeuvres, which, frankly, I think, turn the public off. Instead, parliament should focus on the economy and the real concerns of Canadians."

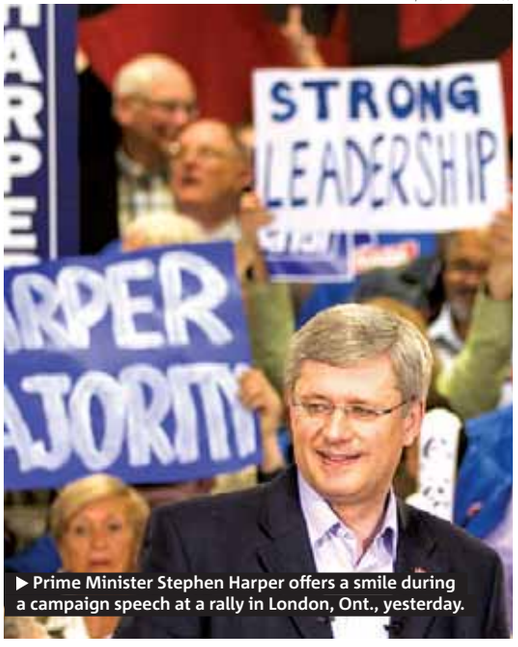
The rap: New Democratic Party Leader Jack Layton can't be trusted with the economy.

The counter-punch: "First, I think the old-line parties have lost the trust of Canadians and people are asking themselves who they can trust to be on their side to focus on the issues that concern their family.

"When it comes to offering a good balanced budget and fiscal responsibility, the party that in power has shown itself to have the best record is the NDP. That was a study done by the finance department and there are the very good current examples of the NDP government in Manitoba, with nine balanced budgets in a row, and the recent budget just approved in the House of Assembly in Nova Scotia, with a surplus — again, another NDP government.

"In fact, when you go to Saskatchewan, they'll tell you it's the Conservatives who leave the finances in a mess." INTERVIEW QUESTIONS FOR THE 3 LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA

ADRIAN WYLD/THE CANADIAN PRESS



▶ Prime Minister Stephen Harper offers a smile during a campaign speech at a rally in London, Ont., yesterday.

'B.C. will decide' election: Political scientist

MATT KIELTYKA
@METRONEWS.CA

A handful of pivotal ridings in British Columbia are just too close to call, a Simon Fraser University political scientist says.

And Patrick Smith believes the province will be the kingmaker once election results come streaming in at the end of an interesting campaign.

"British Columbia will decide the election, it's as simple as that," Smith said. "I don't think we'll have a winner by the time we get across the Rockies, and there are 10 ridings that are so close."

Those swing ridings include Vancouver-South (where Ujjal Dosanjh won the last election by just 22 votes), Saanich-Gulf Islands (where Elizabeth May, the Green party leader, has run a hyper-local campaign against Conservative incumbent Gary Lunn at the expense of the national party) and two hotly contested Surrey ridings.

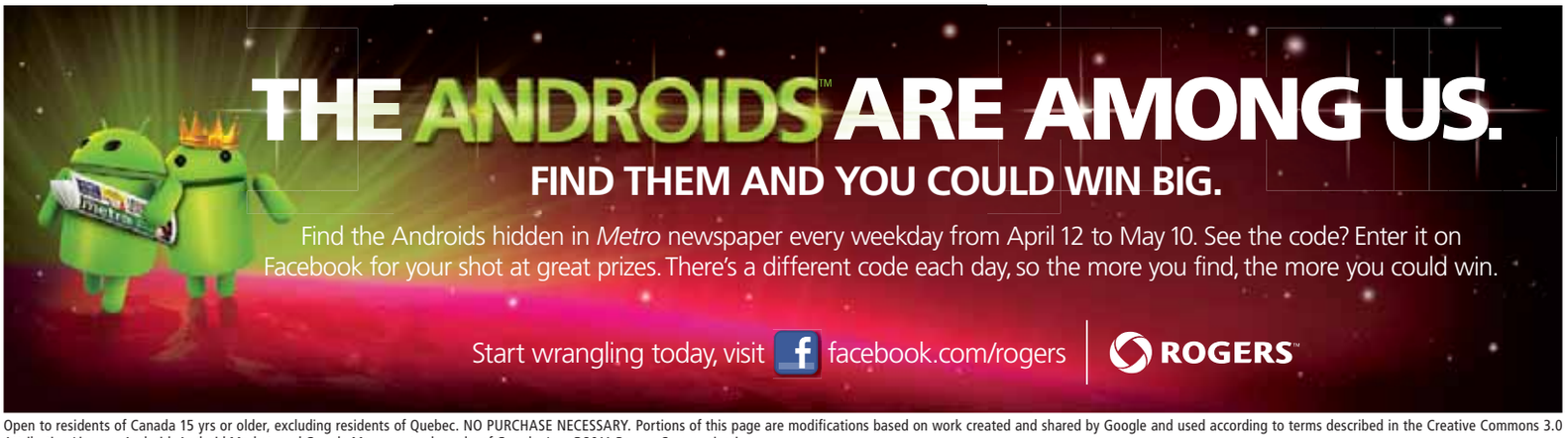
"They're interesting because they're all close but they could swing in completely different ways," Smith said. "Some are Conservative-NDP battles, some are Conservative-Liberal and some are Liberal-NDP, so there will be upsets."

At the end of the day, Smith predicts voter engagement will be higher this time around because the public has shown they're tired of political attack ads and mudslinging — which is why the NDP has enjoyed a massive surge in the polls, he said.

"The election has taken on a life of its own. The retrospective of this election will be about how the public took back the narrative. It will force parties to do some soul-searching when it comes to negative ads."

FRANK GUNN/THE CANADIAN PRESS

▶ Elizabeth May and her Green party got 937,613 votes in the 2008 election, but they were scattered across the country, never pooling enough to translate into a seat.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for the program guide and broadcast times.

CBC news

Facing the tough questions

Metro asked the leaders to discuss the things they've been reluctant to address in interviews and out on the trail Here's what happened

Election 2011

Jack Layton
Q: This past weekend, the Toronto Sun reported that in 1996 police found you in a known bawdy house but, because they had no evidence of an offence, laid no charges against you.

Can you speak to the allegations and what impact this story will have on what had been shaping up as a fantastic showing by your party?

A: "Well, I answered those questions in some detail yesterday, so I'm not going through it again. You'll find all of that available, you and your reporters.

But this is a kind of smear politics that a lot of Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics."

Stephen Harper
Q: You said all minority-government scenarios would lead to another election. If one of the other parties wins a minority, would you then work with other opposition parties to immediately defeat that government?

A: "Well, as you know, I'm in this election to win. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios.

All of those other scenarios — (whereby) the NDP desire to form a minority coalition (and) get the backing of the Liberals and the Bloc Québécois — are unstable. That simply leads us to another election."

Michael Ignatieff
Q: You've said the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But your party has gone down in the polls.

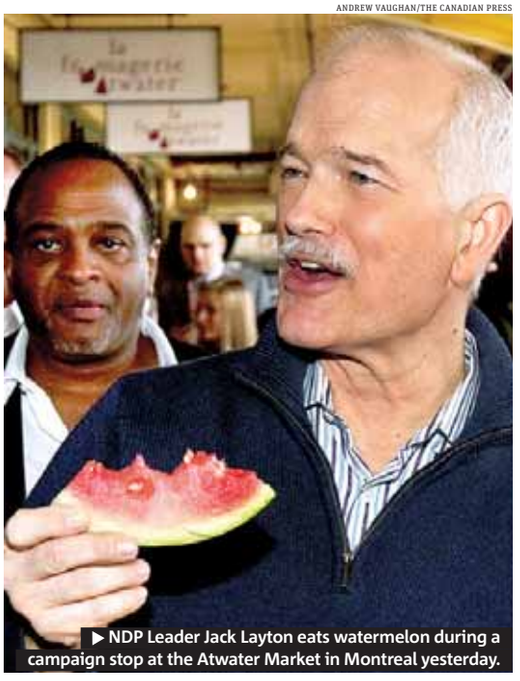
With the level you're at, how do you expect voters to continue to see the Liberals, not the NDP, as the alternative?

A: "Well, I just think on Monday Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada.

"We've got a choice between a Liberal platform that's costed and makes sense — with a Liberal team that has experience — versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

METRO OTTAWA

ANDREW VAUGHAN/THE CANADIAN PRESS



NDP Leader Jack Layton eats watermelon during a campaign stop at the Atwater Market in Montreal yesterday.

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PAUL CHIASSON/THE CANADIAN PRESS

▶ Liberal Leader Michael Ignatieff walks in the rain after a campaign stop at a delicatessen in Thornhill, Ont., yesterday.

Leaders make their 'elevator pitch'

Why should Metro readers vote for your party?

Election 2011

Michael Ignatieff:
"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government and do the one thing that we absolutely have to do, which is invest in the education of our young people, from early learning and child care through the learning passport for people wanting to go to college and university. That's the short version — basically a government that focuses on the priorities of the Canadian family ... I just think today, Canadians have got to choose a government.

They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada. We've got a choice between a Liberal platform that's costed and makes sense, with a Liberal team that has experience, versus basically more years of Harper, which is debt, deficit and mismanagement."

Stephen Harper:
"We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working. We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on.

The alternative, at this point, has become an NDP government with a very different path, which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and set Canadian families back. So we think the country is on the right track economically and needs to stay the course.

That's the biggest single argument we're making, and the other, of course, argument we're making along the way here is that we need a Conservative majority government and if you don't get a Conservative majority government you're not sure what you're going to be getting."

Jack Layton:
"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth.

The divisive approach to politics gets played out there and people want it fixed. They want the needs of their family at the forefront, issues like retirement security. You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement. There's many people in the Ottawa-Gatineau regions who don't have access to a family doctor.

This is a real crisis that needs to be addressed. There's still a lot of unemployment in the regions around Ottawa and (we need) a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job. These practical ideas will help address the issues that people want to be addressed."

METRO OTTAWA

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PlayStation. Data loss

▶ Sony Computer Entertainment President and CEO Kazuo Hirai, centre, bows along with two other executives at the start of a press conference at the Sony Corp. headquarters in Tokyo yesterday.

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Sony issues apology

Sony executives bowed in apology yesterday for a security breach in the company's PlayStation Network that compromised the personal data of some 77 million accounts on the online service.

Loonie at three-year high

U.S. interest rates at emergency lows as dollar continues to slide
Economists' predictions say 20,000 Canadian jobs added in March

An election that once seemed a snoozer has jolted investors awake on the prospect that the NDP could pick up more seats in todays federal election, which could send traders to buffer themselves from potential political uncertainty.

Prime Minister Stephen Harper delivered a dire message — about higher spending, gas prices, deficits, taxes, unemployment and other economic ills — on what might happen under the New Democratic Party led by Jack Layton.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 0.8 (13,893.6)	+ 0.5¢ (105.65¢ US)	+ $104 US ($113.90 US)	$4.612 US (+ 4.1¢)

Gold contracts $1,560.50 (+ $29.30)

Markets appear to share at least some of his concerns, according to John Kurgan, senior markets strategist at Lind-Waldock.

"The sudden surge or increase by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," Kurgan said.

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NDP SHAKES ELECTION LANDSCAPE

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX

What a short, strange, sweet trip it's been — made all the sweeter because not a single politician, party insider, pollster, pundit or person predicted it.

Including me. My first post-election-call column was a lament that — in a campaign focused so tightly on just 50 swing ridings — the votes of the rest of us wouldn't count.

Uh, right …

What happened? The short answer is Canadians took back their politics — on social media, in vote mobs, in their own minds. They rose up — though not the way Michael Ignatieff hoped — and told pollsters they were mad as hell and weren't going to take it anymore.

"It" was Stephen Harper and his smarmy, controlling politics of fear and loathing of any other. But it was also the Bloc Québécois and the Gilles-one-note clanking call to non.

If the NDP surge is, in part, a negative response, it is also — in perhaps larger part — a reflection of voters' hope for better.

And Michael Ignatieff, who ran a respectable campaign but couldn't escape his pre-election Tory tarring as the outsider-other, or the reality his so recently discredited Liberals represented a tired alternative that wasn't.

This negative, none-of-the-above frustration almost certainly fed the tsunami that has swept the NDP from its nadir of 13.2 per cent in polls two weeks into the campaign to the giddying heights of official opposition, perhaps even minority government territory today.

But if the NDP surge is, in part, a negative response, it is also — in perhaps larger part — a reflection of voters' hope for better.

Jack Layton isn't new, and neither is the NDP platform.

But after 4.6 million of us watched his performance in the leaders' debate, the ground under this election began to shift seismically.

Why?

The NDP engaged Canadians in discussions about their issues, and the avuncular, unflappable Layton steered clear of the personal negatives — our attack ads, he joked, are about attacking poverty — that had become other parties' staples.

The NDP's sudden surge, of course, means its platform — and how it gets paid for — hasn't been scrutinized nearly carefully enough (although the Globe and Mail Friday trotted out 10 bank and business economists who concluded "no one appears to be shaking" at the prospect of an NDP government).

However it all turns out, Canadians have already shaken conventional political assumptions. That is reason enough to hope.

But stay tuned. This trip may not be over yet …

Stephen Kimber is a Halifax journalist.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes the news is tough to take. But Canada is full of compassionate people, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study by the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos

IAN WILSON/FLICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scandals and celebrity meltdowns, get a good-news fix. Who knows what you might be inspired to do?

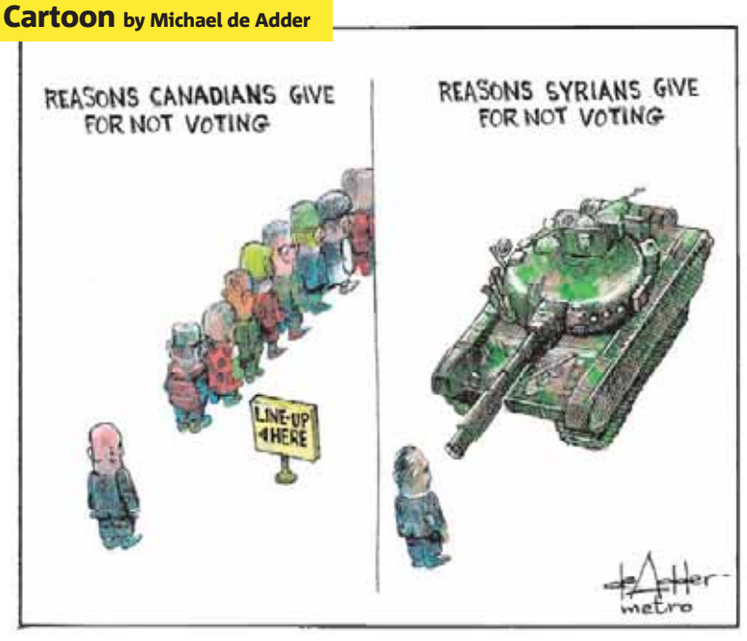
Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

CRAIG AND MARC KIELBURGER, CO-FOUNDERS OF ME TO WE

Tweets

- **@AlexisWaggott:** Now THIS is Spring! #vancouver
- **@MCHammer3d:** No better way to burn off some steam than to go for a cruise with the top down in the sun. #Vancouver is in full beauty today!
- **@celinaemcee:** May is starting off beautifully & even hot! Amazing day #Vancouver!
- **@Elligirl:** It's actually hot today! How wonderful! #vancouver
- **@sugthehug:** finished the bmo vancouver marathon! its time for a victory slurpee!
- **@ayymeag:** lovin' this vancouver weather :)
- **@TheGreenMen:** Carrie Underwood has joined #Canucks nation! Sorry @mikefisher1212 but she's ours now
- **@hipcheckhamhuis:** This is a Keith Ballard appreciation tweet. That is all. #Canucks
- **@catherinebarr:** This sunny day has gone a long way to helping me forget last night's #Canucks game. Bring on Game 3 Tues. #GoCanucks

Cartoon by Michael de Adder



WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that caused its floors to buckle and ceilings to sag, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system, apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hangup and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently had burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

THE ASSOCIATED PRESS

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5 great car movies

With Fast Five burning rubber in theatres, let's look back at some great car movies of the past What's more important, a good road trip or a chase scene?

Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.

American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.

Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently badass. As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger. Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.

Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.

The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

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2 scene

Scene in brief

Fast Five has left the competition in the dust with an $83.6 million US debut to grab the No. 1 spot at the weekend box office. Studio estimates released yesterday show Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening.

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Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included

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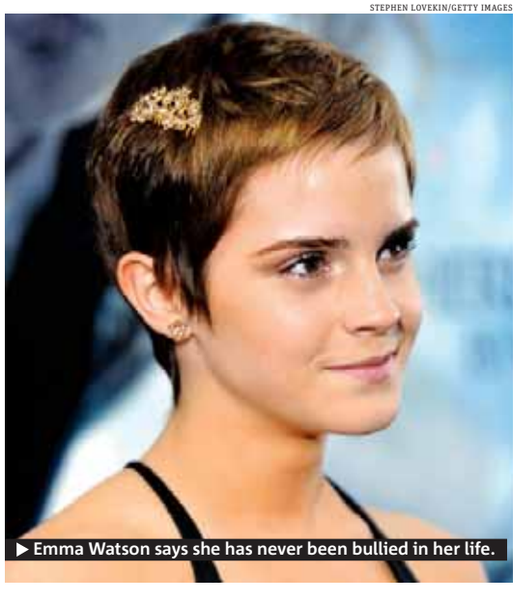
Watson denies claims that she was bullied

Harry Potter actress says she is not leaving Brown because of mistreatment by other students Is thinking about doing a semester abroad

STEPHEN LOVEKIN/GETTY IMAGES



Emma Watson says she has never been bullied in her life.

Emma Watson, the British actress who plays Hermione Granger in the Harry Potter series, on Friday denied reports that she was bullied out of Brown University — an assertion backed up by fellow students who said that, if anything, she was shielded from being singled out.

"The reason I took a semester off from Brown had nothing to do with bullying," Watson wrote on her website. "I have never been bullied in my life and certainly never at Brown."

Watson said she is not sure what her plans are for the fall semester, the beginning of her third year. Like many of her "fellow Brown students," she wrote, she is considering studying abroad.

Brown has not commented on media reports this month citing an anonymous Brown "insider" who claimed Watson was bullied out of school.

A New York Daily News article posted online April 21 claimed that when Watson responded correctly to questions in class, her classmates would shout, "Three points for Gryffindor!" — a reference to the Harry Potter films, in which students' dormitory houses are awarded points for questions they answer correctly. Watson's character lives in Gryffindor.

"This '10 points to Gryffindor' incident never even happened," wrote Watson, who has denied that rumour before. "Accusing Brown students of something as serious as bullying and this causing me to leave seems beyond unfair."

The rumour that a student had once exclaimed "10 points for Gryffindor" after Watson answered a question correctly became widespread on campus in spring 2010, the semester during which it was alleged to have happened, according to several current and recent Brown students interviewed by The Associated Press.

But, they said, it was viewed as part of Brown folklore, and students were, if anything, protective of Watson.

"We try to take care of our own at Brown, and I think we try to make sure she feels like anybody else," said Megan Estes, a Brown junior who said she doesn't know Watson but worked on the production of a campus theatre production in which the Harry Potter star acted.

Apart from the Gryffindor comment, there was little sense on campus that Brown students heckled or antagonized Watson, said Estes and other students.

THE ASSOCIATED PRESS

MATT SAYLES/THE ASSOCIATED PRESS, FILE

Nick Cannon and Mariah Carey became parents to a baby girl and boy over the weekend.

Carey gives birth to two children

Mariah Carey and Nick Cannon celebrated their third anniversary with another milestone — becoming parents to a baby girl and boy.

Carey's representative, Cindi Berger, confirmed the births to The Associated Press. The singing superstar gave birth Saturday at 12:07 p.m. EDT at an undisclosed hospital in Los Angeles. Berger says the baby girl was born first, weighing five pounds, three ounces, and was 18 inches long; her brother was next, at five pounds six ounces, and was 19 inches.

Berger says the couple has not named the children yet. Cannon drove Carey to the hospital in their Rolls-Royce Phantom. Berger said the 41-year-old Carey, who had gone through false labour, was calm, thinking that it was another false alarm.

Meanwhile, the 30-year-old Cannon was so nervous he went to the wrong department at the hospital, and was guided to the maternity ward by a nurse.

"It was like right out of an I Love Lucy skit," said Berger.

Berger says they were listening to Carey's We Belong Together after the children were born.

The couple are expected to renew their wedding vows on Sunday. The pair got married in 2007 after a whirlwind romance. They were the subject of endless baby rumours, and the couple actually were expecting shortly after their marriage, but Carey had a miscarriage; they did not reveal the miscarriage until she announced her pregnancy last fall.

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Monet - Richmond — Fall

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Panorama - Downtown Vancouver

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Tyson's tattoo giving film a bad hangover

Tattoo artist suing Warner Bros. to prevent the release of Hangover Part 2

S. Victor Whitmill, the artist who gave Mike Tyson his famous face tattoo, is suing Warner Bros. to halt the release of the Hangover Part 2 because the move features the tattoo on the face of Ed Helms' character, according to the Hollywood Reporter.

330361

"When Mr. Whitmill created the original tattoo, Mr. Tyson agreed that Mr. Whitmill would own the artwork and thus, the copyright in the original tattoo," the artist's lawyers argue, according to court documents.

"This unauthorized exploitation of the original tattoo constitutes copyright infringement."

METRO

"Mr. Tyson agreed that Mr. Whitmill would own the artwork."
TATTOO ARTIST'S LAWYER

ALL PHOTOS GETTY IMAGES

▶ Mike Tyson

Talking points

Whoopi getting back into the Sister Act

NOTHING LIKE REHASHING THE PAST Whoopi Goldberg is in Austria to promote Sister Act, with her trademark slapstick humour.

She slipped off her high-heeled sandals at Vienna's Ronacher Theater on Friday when she realized she would have to stand during a media preview of the musical, which opens there in September.

"I thought I was going to look good coming in and sitting down," Goldberg told a laughing audience. ASSOCIATED PRESS

Hilton thief gets convicted

LIFESTYLES OF THE RICH AND FAMOUS A jury has convicted a man of trying to burglarize Paris Hilton's home last year.

District Attorney's spokeswoman Jane Robison says jurors deliberated for less than an hour Friday before convicting Nathan Parada of first-degree residential burglary for trying to break into the hotel heiress' home last August.

Hilton testified this week about she and her boyfriend being awoken after Parada banged on one of the house's windows with the butt of a knife.

A defence attorney told jurors that Parada had left a halfway house days earlier and had not taken his antidepressant medication for several days.

Parada faces up to three years in prison when sentenced.

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Celebrity tweets

"congrats to William and Kate ...and Kate's sister."
@justinbieber

@RyanSeacrest
"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!?"

@NickyHilton
"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."

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of reach of toddlers and pets to avoid accidental ingestion.

3 life

A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health.

METRO WORLD NEWS

Flea control for pets is easy with the right products; several new options on the market.

▶ Laura Miller

Stay fit, like mom

Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit ◐ Who wouldn't want to look like her?

SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time, cost and nutrition?
One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a lean meat ready to go, it saves time and makes preparing healthy meals easier.

What's your go-to snack?
Right now its Greek yogurt with fresh fruit like strawberries, peaches or pineapple. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre.

That's great but if there's leftover crackers from my kid, or she didn't finish her burger, I'll polish it off. Help?
It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place.

A new study came out, saying that parents exercise less than those without kids. Duh!

I have no time for the gym. What do you suggest?
Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. The most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit woman. Do you have kids?
I have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example when it comes to diet and nutrition because children are sponges and soak up everything around them.

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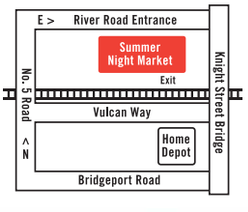

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Satisfy the cookie monster in you

These two cookie recipes contain the right amount of sweetness to satisfy any sugar tooth.

The first one is for Almond Orange Cookies that combine fresh flavours into a tender package.

Meanwhile, the Oh My Goodness Cookies are a new take on the traditional oatmeal favourite.

Preparation:

1 In food processor, grind almonds until very fine. Combine with flour, baking powder, cinnamon and salt in a large mixing bowl until well blended; set aside.

2 In large bowl, with electric mixer, beat sugars, oil, eggs, orange peel and vanilla for 1 minute, until well combined and pale in colour. Add almond and flour mixture and combine until dough forms.

3 Divide dough in half and shape into two 2 inch (5 cm) diameter logs. Wrap logs in parchment or waxed paper and freeze for at least 2 hours.

4 Line baking sheets with parchment paper. Cut dough into 1/4 inch (5 mm) thick slices and place 1 inch (2.5 cm) apart on prepared baking sheets. Bake in 350 F (180 C) oven for 8 to 10 minutes or until bottom edges appear light golden brown.

5 Cool cookies for 1 to 2 minute on baking sheet and transfer to cooling rack. Store in airtight container for up to one week. NEWS CANADA

Ingredients:

- 1 cup (250 mL) blanched almond slivers
- 2 1/2 cup (625 mL) all–purpose flour
- 1 tsp (5 mL) baking powder
- 1/4 tsp (1 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3/4 cup (175 mL) granulated sugar
- 1/4 cup (50 mL) packed brown sugar
- 1/2 cup (125 mL) canola and extra virgin olive oil blend
- 2 eggs
- 1 tbsp (15 mL) grated orange rind
- 1 tsp (5 mL) bourbon vanilla extract

NEWS CANADA

Oh My Goodness Cookies

This non-traditional oatmeal cookie cuts the butter with avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

1 In bowl beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mix; combine. Stir in pear and raisins.

2 Arrange oven racks in upper and lower thirds of oven. Drop heaping spoonfuls of the dough onto parchment paper–lined baking sheets. Bake in 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly browned. Transfer cookies to a rack to cool. NEWS CANADA

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) all–purpose flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

Oscar the green grouch

Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date

HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

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▶ The king of recycling.

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?
I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

What makes recycling fun?
Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin. And I sort through it. I roll in it. I toss it up and dance in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the booooody.

So what kinds of things to do you reuse?
I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get new food. Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?
Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful. They eat the roots of some of your vegetables.

How do you explain the importance of recycling?
It's good for kids to realize that they're all part of the community. The world is a great big community. I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

What's your least favorite non-recyclable product?
Batteries. They have to be disposed of very carefully.

Red carpet dreams give hope

Cindy Ashton conquered cancer, sets out to motivate

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

She was born with severe health issues and was only given a 20 per cent chance of survival. A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in. Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity. She got healthy, rose to the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences. Her work was recognized in June 2010 when the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song. Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

HANDOUT

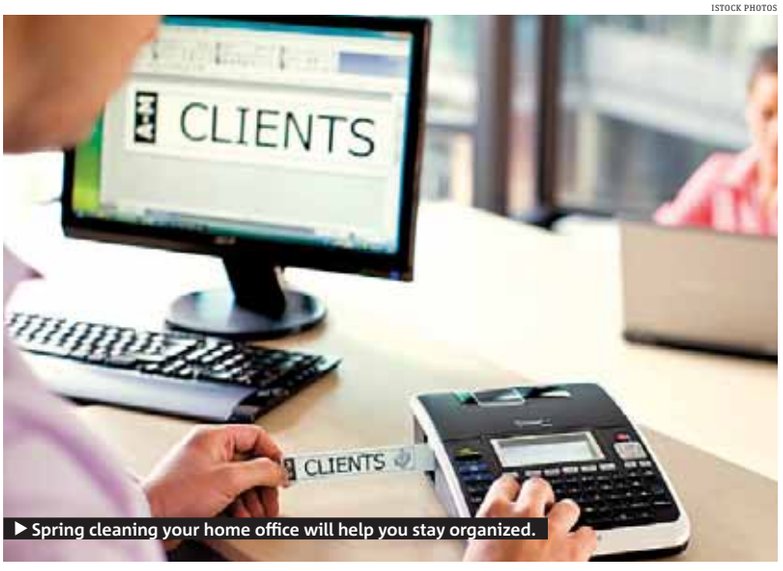
▶ Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift. As Gandhi said, 'Be the change you want to see in the world.'"

Career Milestones

- Debut Album Don't Rain On My Parade
- Musical Suds
- Solo Performer with Downsview Symphony Orchestra
- Author of Kiss Your Monsters Goodbye
- Motivational Speaker/Singer with Barbara De Angelis and Bob Proctor

ISTOCK PHOTOS



▶ Spring cleaning your home office will help you stay organized.

Keep, file, shred: Tips for spring cleaning your office

Bright ideas to help you keep your files in order

For many people, spring cleaning is a rite of passage. However, spring cleaning is not just for the kitchen, garage and shed. For the approximately 2.5 million Canadians who work from home or maintain a home office, this area should be of special consideration. Documents piled up? Dying plants? Important papers in disarray? It is now time to put things in order and implement a system that will keep this space organized until spring 2012 and beyond.

Before starting this year's spring cleaning, it is important to consider the following tips

Keep, file, shred

Start by sorting through your papers and making three distinct piles: what you keep, what you file (and keep organized for later use) and what you shred. Whatever you decide to shred get rid of right away. It will make an immediate difference in the amount of space you have.

File and organize

Once you've decided on what papers you will keep, set up a filing system that will be easy for you to follow.

Hanging or regular file folders can be an easy and convenient way to keep your papers organized and within easy reach.

Avoid misfiling by using a colour-coding system that assigns a different colour to different file categories like green for financial documents and red for personal folders.

For an even cleaner look, you can also invest in a labeller that has tapes with different colour options such as the PT–2730 P–Touch labelling machine from Brother. You are not limited to using this labeller just in the office. Since it is portable, you can use it everywhere: in the kitchen, the garage and even in the shed out back.

Another way to stay organized is to create digital versions of your hard copy documents by using a multi-function centre such as the MFC-J6510DW from Brother.

These all-in-one machines can scan, fax, print and copy and are a smart investment for organizing a home office.

They take up very little room in comparison to all of the functions they can perform.

Get organized and stay organized

Having your office in order and tidy creates a pleasant work environment, so why not stay organized throughout the year.

Schedule a designated day each month to sort through new documents and items.

Having better organization will make you feel great and will save you precious time everyday.

You will feel more in control and spend less time sifting through papers and more time getting outside because it is spring after all.

NEWS CANADA

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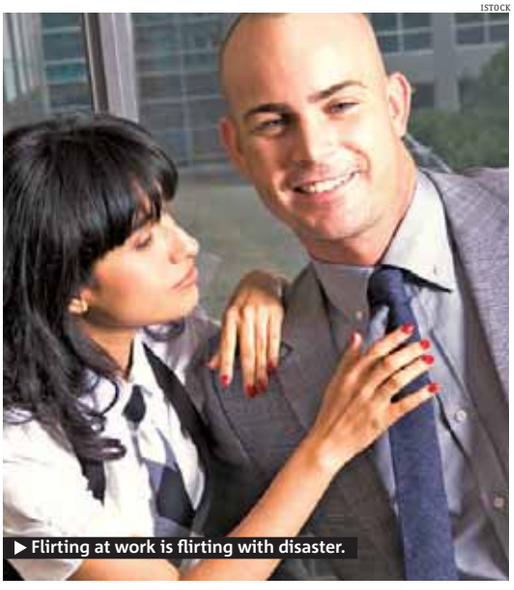


▶ Flirting at work is flirting with disaster.

Are you the office flirt? If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it and you're working hard," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes Helaine Olen, author of Office Mate.

"We still have a lot of sexist assumptions about flirting in the office," she says. "If you do it often you're going to be perceived as less serious, that's just a given."

Anderson agrees. "For women, the gender issues are quite significant."

But gallivanting men, she adds, would be snookering themselves to think they can find their kicks playing cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk for men and women, and for people who are straight, gay, or lesbian," Anderson cautions. "You are either seen as a professional, or you are not."

"You cannot be both," she continues.

Watch What You Say

Alas, for the most dashing among us, even the most innocently-intended compliment can come off like a come-on, Olen warns.

"Should a guy go into the office and start complimenting women on their clothing? Probably not," she says. "At best, that will make a lot of women feel like they look less serious, even if it's well-meant, and not intended as flirtation."

Watch What You Wear

Dress codes have loosened and dress shirts have tightened since the era of postwar pencil skirts and three-piece suits.

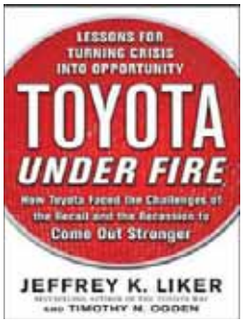
But, Anderson says, that doesn't mean that they have vanished into thin wear.

"You don't go into a nightclub in your work clothes, and you shouldn't go into a meeting like you would go into a bar," she explains. "Too many people think they can mix them."

Defects and all: Recalling the Toyota recovery

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA


LESSONS FOR TURNING CRISIS INTO OPPORTUNITY
TOYOTA
UNDER FIRE
How Toyota Faced the Challenges of the Recall and the Recession to Come Out Stronger
JEFFREY K. LIKER
and TIMOTHY N. OGDEN

In automotive marketing, there are many things that are in the control of the manufacturer ... the design and quality of the vehicle, the experience a shopper has when they enter a dealership, and even that infamous new car scent. After the transaction takes place and you hand the keys to the customer, you can only hope that all the precautions and standards you've taken in the manufacturing process provide a safe and sound machine.

In the case of Toyota, a single incident in August 2009, which was captured by a terrifying 911 call from a family in California, created one of the greatest crisis Toyota had ever faced ... this in addition to the pummeling recession.

Author's Liker and Ogden describe how "over the course of the next six months, Toyota would recall more than 10 million vehicles." For a company that was built upon pillars of quality and safety, this incident sparked a media witch-hunt with accusations against Toyota "of turning a blind eye to customer safety, and of deliberately hiding electronic defects that could make the vehicles unstoppable."

After a $1.5 million 10-month intensive study of Toyota electronics by the National Highway Transportation Safety Administration, the results were announced in February 8th 2011 by the Secretary of Transport that "there is no electronic-based cause for unintended high speed acceleration in Toyotas. Period." Turns out, an outsized floor mat was the culprit, having been incorrectly installed by the dealership, which in turn ended up jamming the accelerator pedal resulting in the fatal crash in California.

In their book, Toyota Under Fire, Liker & Ogden have closely examined what Toyota did to get through the crisis ... and essentially, it was not much different than what they did before. "Toyota's approach to leadership and operational excellence was based on a philosophy and culture, now known as The Toyota Way, that extended back to the company's founding." The dual crisis forced Toyota to look at itself with greater scrutiny, all this resulting in a 2.2 billion dollar profit for their fiscal year ending March 30, 2010.

More company's should learn from Toyota's response, given they didn't try to reinvent themselves which seems to be the common approach. It's a pity though that the media has not paid as much attention to this true success story versus the initial incident that created the whole fiasco.

Craig Lund, is the President of Marketing services firm Marketing Talent Inc. and can be reached at clund@marketingtalentinc.com or on twitter @craiglund.

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ISTOCK

▶ Teenagers are some of the most active and involved people in Canada.

Teenagers: Philanthropic powerhouses

One in five teens volunteer 40 hours of their free time

Teenagers. You know all about them. Those lazy, iPod-shuffling, Twitter-loving creatures whose only interest in the world is the latest trend in popular culture.

If this is still your view of the average teenager, you've got it all wrong. In fact, the next generation is poised to make our world a greater place than it has ever been.

Canadian teens are a philanthropic powerhouse. While most of them don't have the financial wherewithal to make big donations, they are contributing countless hours as volunteers and are making a big difference to the charities that they support.

As part of Mackenzie Investments' search for Canada's Top Teen Philanthropist, it conducted a poll to understand the philanthropic habits of Canadian teens.

Almost one in five Canadians between the ages of 13 and 19 are volunteering at least 40 hours of time in service of their communities.

Now you cynics out there might attribute this to the new volunteer requirements instituted by some provinces.

However, only one-third of teen volunteers cited these requirements as a motivator for their volunteer work. In other words, teenagers are motivated by altruism and the desire to make our world a better place.

This is big news, but what does it mean for the future of our planet?

Will today's teens be able to reverse the catastrophic impact of global warming?

Will our reliance on foreign oil end? Will we harness the sun and wind and rely on these natural sources as our primary sources of energy?

Based on what we know about today's teens, it's believe that the answer to each of these questions is a resounding yes.

Last year, 58 per cent of Canadian teens gave time, money, or both to support charity.

While the dollars might not be huge, it is the keen interest in giving and volunteering that is the most important indicator. A new generation of Canadians with a focus on social and environmental betterment will spawn a new era of philanthropy in Canada — and this new era will undoubtedly be accompanied by a fundamental change in our social and political culture.

So what exactly are our teens doing when they're sitting down in front of their computers? How is this changing the world?

Well, if you must know, teens are using social media to spread the philanthropic spirit. Almost two-thirds of Canadian teens (64 per cent) say they talk about the charities they support on either Facebook or Twitter.

Teens understand that they can spread the gospel quicker and more cheaply than any generation before them. Clearly, their peers are listening.

In 2008, Mackenzie Investments launched the aforementioned Top Teen Philanthropist Contest, receiving entries from coast-to-coast. Every year, as a member of the judging panel,

The 2010 winner, Darren Cole, exemplifies what Mackenzie Investments' wants our young leaders to be.

He started out volunteering at a local food bank when he was in elementary school. As a high-schooler, he started Kids Against Canadian Hunger, a broad-based fundraising effort in support of Food Banks Canada.

Like Darren, there are countless other young Canadians who need to be embraced, mentored and acknowledged, for it is this group of citizens that will soon become our greatest generation.

NEWS CANADA

Discover career opportunities at VCC

It's a good feeling to land a great job. Talk to us about your career options at one of these free information sessions:

Program	Campus
Career Planning and Job Search Courses Monday, May 2 & 9, 1:30 p.m. – room 236	Downtown
TESOL Programs Tuesday, May 3 & 10, noon – room 526	Downtown
English as a Second Language Wednesday, May 4, 10 a.m. – room 5025 Wednesday, May 11, 6 p.m. – room 1227	Broadway Broadway
Practical Nursing & Access to Practical Nursing Wednesday, May 4, 5 p.m. – room 1227	Broadway
ESL Homefront Learning - Students and Volunteer Tutoring Saturday, May 14, 10 a.m. – room 3701	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

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Vancouver Community College

Canada gets an F in physical activity

ISTOCK

▶Children need at least one hour of physical activity every day.

A new report finds 70 per cent of Canadian kids spend their after school, pre-dinner time watching TV or playing video games

Many Canadian kids plop themselves in front of a TV or computer screen after school, a trend that needs reversing to improve physical activity levels and overall health, a new report says.

The seventh annual Active Healthy Kids Canada Report Card, released Tuesday, focuses on 3 to 6 p.m., and says children and youth are getting "a mere 14 minutes" of moderate- to vigorous-intensity physical activity out of a possible 180 minutes.

"We need to figure out how we can maybe get kids outdoors and active again in that time period where it is light out and there are people around, so issues related to safety and so on might be a little less in that window of opportunity than after supper," said Mark Tremblay, chief scientific officer of the organization and director of the Healthy Active Living and Obesity Research Group.

Society has changed in the last couple of generations from one that was rich with after-school physical activity — for example, exploring the neighbourhood on the way home from school or going for bicycle rides — to one in which parents keep closer tabs on their children's whereabouts and report more indoor screen time, he noted.

The report card gives an F for physical activity levels in Canada, citing a survey showing only nine per cent of boys and four per cent of girls meet new Canadian Physical Activity Guidelines calling for 60 minutes of moderate to vigorous intensity physical activity every day. It also says children and youth are getting an average of six hours per day of screen time outside of school hours, and more than seven hours on weekend days.

"It could just be horsing around in the backyard or in the park or in the driveway or shooting hoops or playing catch in the park or anything like that. Just being outside, and getting away from the couch."

MARK TREMBLAY, DIRECTOR OF THE HEALTHY ACTIVE LIVING AND OBESITY RESEARCH GROUP

The highest mark awarded is A- for proximity and availability to resources in the community. Ninety-three per cent of parents say public facilities and programs for physical activity and sports are available locally and 95 per cent say parks and outdoor spaces are nearby and available.

But getting kids to use them is another matter.

Elio Antunes, chief operating officer of ParticipACTION, said reducing screen time and limiting it to two hours per day is key.

"By trying to have this report card focus in on the 3 to 6 p.m. — the after-school — time period we're hoping that it can be a bit more tangible kind of area focus that we can mobilize stakeholders and families around. We're moving, but we're moving very slowly and we can't afford to continue at this pace."

Tremblay said physical activity levels drop off dramatically entering the teen years. He said teens involved in supervised after-school activities are less likely to experiment with risky behaviours like drugs and alcohol. This age group is also being advised to spend more time outdoors.

Health consequences of inactivity are being seen around the country, Tremblay said.

"It's manifesting itself in the prevalence of disease — the most common cited are the obesity rates, but other things as well. Mental health issues of kids, and cardiovascular disease risk factors, and even development of the disease in young people. Development of Type 2 diabetes in children, these are things that should not be happening." NEWS CANADA

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NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDERSTAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.

CANADIAN MENTAL HEALTH ASSOCIATION
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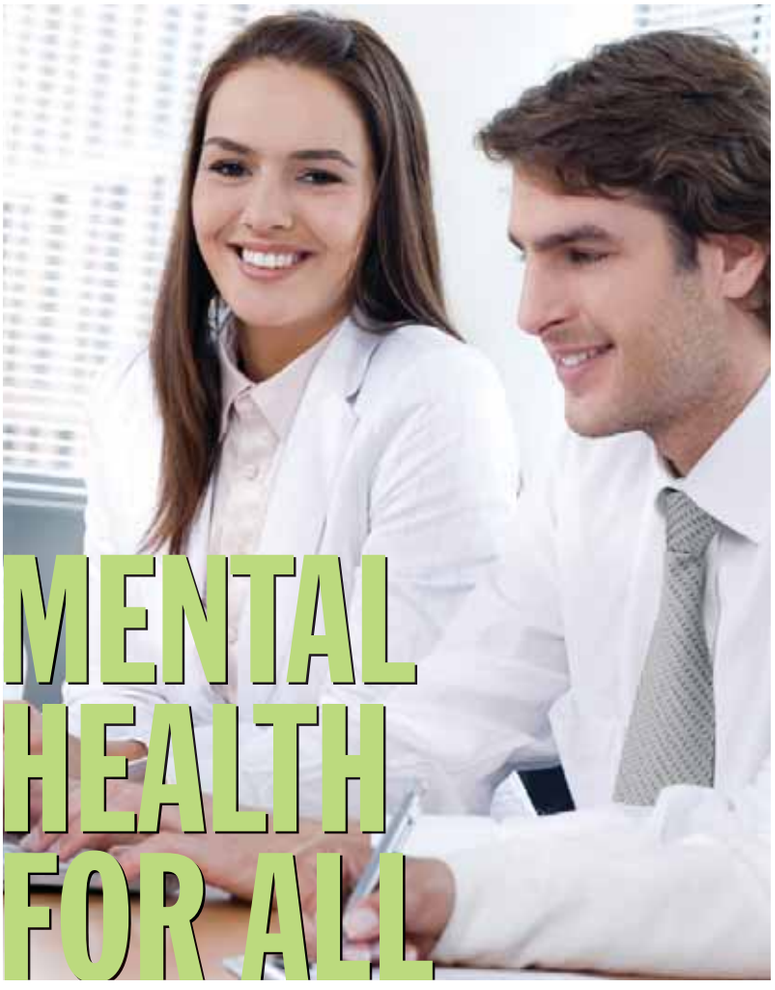
The Great-West Life Centre for Mental Health in the Workplace is funded by The Great-West Life Assurance Company.

Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor or visit **DepressionHurts.ca**



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses $15 to $33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to $51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT

Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. "With patience and understanding, parents can usually help their kids overcome these and other common childhood fears," says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can't understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

"Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else," says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS Children need to know they're loved and that their parents will set definite limits on what they're allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it's unusual for healthy kids to die—and offer lots of hugs.

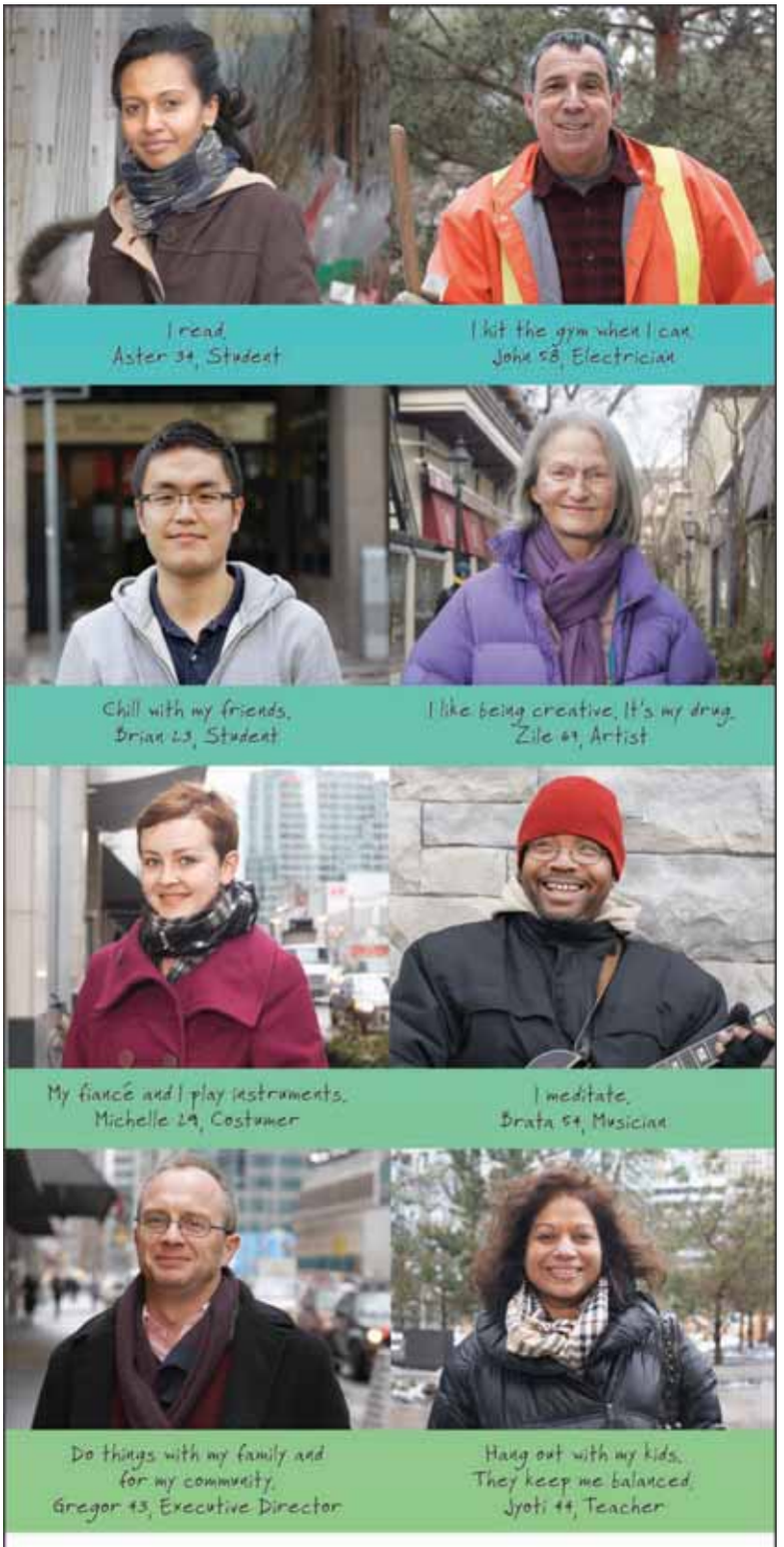
PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.

WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.


I read.
Aster 34, Student
I hit the gym when I can.
John 58, Electrician
Chill with my friends.
Brian 23, Student
I like being creative. It's my drug.
Zile 69, Artist
My fiancé and I play instruments.
Michelle 29, Costumer
I meditate.
Brata 54, Musician
Do things with my family and for my community.
Gregor 43, Executive Director
Hang out with my kids. They keep me balanced.
Jyoti 44, Teacher

What do you do for your mental health?

May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. Mental health for all. Find out more at www.MentalHealthWeek.ca

MENTAL HEALTH WEEK 60 YEARS

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CANADIAN MENTAL HEALTH ASSOCIATION
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ALEX BRANDON/THE ASSOCIATED PRESS

▶ Teddy Purcell, right, celebrates Martin St. Louis' third-period goal.

Lightning take 2-0 series lead

3	2
LIGHTNING	CAPITALS

Vincent Lecavalier scored his second goal of the game 6:19 into overtime last night as the Tampa Bay Lightning beat the top-seeded Washington Capitals 3-2 for a 2-0 lead in the Eastern Conference semifinals.

Fifth-seeded Tampa Bay appeared headed for a much simpler victory, leading 2-1 in the third period, but two-time NHL MVP Alex Ovechkin forced the extra period by scoring with 67 seconds left in regulation.

Dwayne Roloson made 35 saves as the Lightning won their fifth consecutive game — and their fifth in a row on the road.

The series now shifts to Tampa for Game 3 tomorrow night.

On the winning goal, the Lightning caught the Capitals in the middle of a line change. Tampa Bay defenceman Randy Jones — playing in his first game this post-season because of an injury to Pavel Kubina — sent a long pass off the boards to Teddy Purcell. He then passed it across the ice to Lecavalier, who flipped the puck over rookie goalie Michal Neuvirth to end the game.

Lecavalier jumped into the glass behind the net before being surrounded by teammates.

Martin St. Louis' goal put Tampa Bay ahead 2-1 about 7 ½ minutes into the third period, before Ovechkin recorded his first point of the series. Brooks Laich scored for Washington in the second.

THE ASSOCIATED PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Nashville's Pekka Rinne sprawls to stop Vancouver's Daniel Sedin during the second overtime period Saturday night.

Canucks scorers yet to take flight

Vancouver offence has run dry against Preds' goaltending and disciplined play Nashville committed just one penalty in 95 minutes on Saturday

The Vancouver Canucks were the NHL's top guns in the regular season, but are suddenly shooting popguns in the playoffs.

They led the league in goal-scoring but rank dead last among the eight playoff clubs with only 18 goals in nine post-season games.

Henrik Sedin, who has yet to score in these playoffs after leading the NHL in scoring last season and finishing fourth this year, said they can't let the sudden drought get to them.

"In here we are about winning games," Sedin said in the Vancouver locker-room after rookie Matt Halischuk's overtime goal fashioned a 2-1 Nashville Predators victory on Saturday.

"If you play 82 games against Nashville, you are not going to lead the league in scoring."
CANUCKS FORWARD JANNIK HANSEN

"There were times during the regular season when we weren't scoring enough.

"We find ways to win games. We didn't do it tonight, but we can't be thinking about those things."

The goals will likely come, like the 261 in the regular season, if the Canucks stay the course.

Vancouver entered the playoffs with another Art Ross scoring champion in Henrik's twin brother Daniel Sedin.

He and second-line centre Ryan Kesler led the Canucks with 41 goals in the regular season.

Kesler will be looking to score for the first time in 10 games when the tied series switches to Nashville for tomorrow's Game 3 (CBC, 6 p.m.).

"There is not a lot of room out here," Canucks coach Alain Vigneault said.

"You have to give credit to the goaltending. He (Nashville netminder Pekka Rinne) made some huge saves, especially in OT."

Vancouver's only goal on Saturday was an Alex Burrows short-handed tally.

THE CANADIAN PRESS

Sharks open up 2-0 lead on Wings

JEFF CHIU/THE ASSOCIATED PRESS

▶ San Jose's Joe Thornton and Antti Niemi celebrate.

Defencemen Ian White and Niclas Wallin scored their first goals of the post-season and Antti Niemi made 33 saves to help the San Jose Sharks take a 2-0 lead in their Western Conference semifinal series over the Detroit Red Wings with a 2-1 victory yesterday.

White scored on a power play in the first period and Wallin extended the lead early in the third period as the Sharks put together two of their best back-to-back games to jump on top of the Red Wings for the second straight year.

The Red Wings were well-rested this year after sweeping Phoenix, but that's made no difference against a determined Sharks team that has won 10 of 12 games against Detroit. THE ASSOCIATED PRESS

4 sports

Quoted

"Hey guys just want to say that I am OK. I'll need to see a doctor in the next days! Yesterday I was told it was not a retina problem."
WELTERWEIGHT CHAMPION GEORGES ST-PIERRE VIA TWITTER YESTERDAY. THE MONTREAL NATIVE'S LEFT EYE WAS INJURED EARLY IN HIS TITLE DEFENCE AGAINST JAKE SHIELDS AT UFC 129 IN TORONTO SATURDAY NIGHT. GSP PREVAILED DESPITE ONLY BEING ABLE TO SEE A "BLUR" THROUGH THE INJURED EYE.

Scan code for more sports

Past failures motivate Canucks

Team won't 'overdo things' like it did when it struggled against the Ducks in 2007, says Henrik Sedin

Henrik Sedin knows his playoff history. He doesn't want it repeated.

The Canucks captain remembers Vancouver's scoring struggles in the 2007 Western Conference semifinal against Anaheim when his club forced the play, took chances and pucks ended up in the wrong net.

The Nashville Predators evened this year's semifinal 1-1 with the Canucks thanks to Saturday's 2-1 overtime win. But despite the loss, Sedin is happy with how Vancouver has played over the first two games.

"If it had been four years ago you would have seen us trying to overdo things to get goals, trying to get chances, and that's going to hurt you in other ways," Sedin said prior to yesterday's flight to Nashville ahead of Game 3 tomorrow.

"It taught us a lot of lessons that year. If you're looked upon to score and you're not doing well, you start cheating to get points."

Sedin, the league scoring champion last season, has only one assist in six outings since Game 3 of the Canucks' first-round series with Chicago.

Twin brother Daniel, who led the league in scoring this season, has five goals in the playoffs but only one in the last five games for Vancouver, which is last in goals among the eight surviving teams.

But the club will remain patient against a Predators team that has stuck to Canuck forwards in this best-of-seven conference semifinal.

"We can't expect to win 4-1," Henrik Sedin said. "We've got to be able to go in there with the mindset to maybe win it in overtime or in the 55th minute.

"That's fine with us. It's going to be a grind."

Alex Burrows gave the Canucks a 1-0 lead Saturday with a second-period short-handed goal.

Nashville defenceman Ryan Suter tied the game by banking a puck in off goaltender Roberto Luongo's skate with 67 seconds remaining in regulation.

Rookie Matt Halischuk ended Saturday's game for the Predators as Vancouver lost a one-goal lead in the final two minutes for the second time in three games.

Predator defenceman Shane O'Brien expects his former club to push back tomorrow.

"We're not dumb here," O'Brien said. "We know they're going to play better. It's going to be a long, tough series."

THE CANADIAN PRESS

Salo on trip

Canucks defenceman Sami Salo, who missed his third playoff game Saturday night, made the trip to Nashville.

RICH LAM/GETTY IMAGES

Halischuk nets winner in OT

GAME 2. Matt Halischuk, not pictured, scored the winning goal late in the second overtime to beat the Canucks 2-1 Saturday night to tie the Western Conference semifinal series 1-1.

THE CANADIAN PRESS

The setup

With just over five minutes left in the second overtime period, Nick Spaling sent a pass across the ice to Matt Halischuk, who was approaching Roberto Luongo on his left side.

Puck flew past Luongo

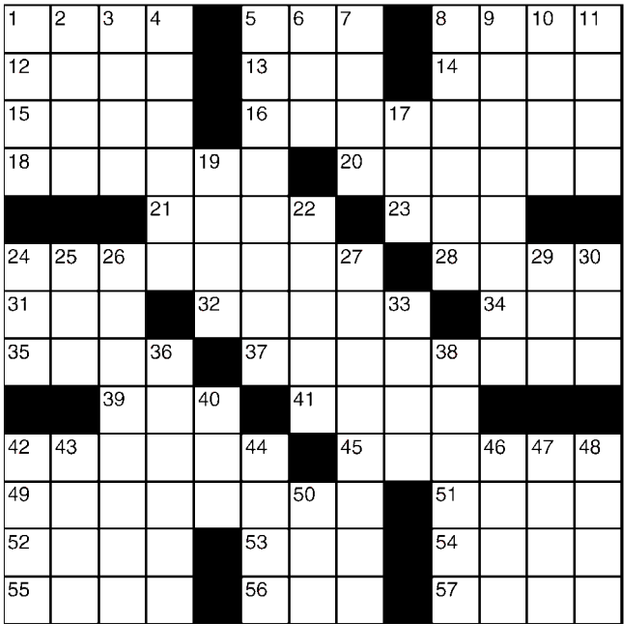
WINNER. Matt Halischuk ripped a shot past a sprawling Keith Ballard and over Roberto Luongo's glove.

THE CANADIAN PRESS

"I was just trying to get it off as hard and quick as I could. I tried to pick my spot and luckily it went in."

MATT HALISCHUK

Crossword



Across

1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Comical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker
8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth
36 Ballroom dances
38 Hawaiian welcomes
40 "Golly!"
42 Praiseful verses
43 Somewhat, in music
44 Colourless
46 Yank
47 Division word
48 On
50 TV Tarzan portrayer

▶ Yesterday's answer

A	B	S		A	F	A	R		T	R	A	P
I	R	A		T	U	N	A		E	A	C	H
D	A	Y	D	R	E	A	M		S	H	E	D
A	S	S	A	I	L		A	F	T			
			N	U	S		D	A	Y	S	P	A
H	A	R	E	M		T	A	X		A	R	C
I	R	E	S		T	E	N		B	R	I	M
E	E	L		F	O	X		P	R	I	M	E
D	A	Y	G	L	O		A	H	A			
			O	U	R		B	A	S	S	O	S
V	E	T	O		D	A	Y	S	H	I	F	T
A	G	E	S		E	N	S	E		A	M	O
N	O	D	E		R	O	S	S		M	E	W

Sudoku

				5		3	8	2
2	8		9	1			7	
						4		
			2					6
7	4		1		5		3	9
6					3			
		1						
	3			4	1		6	7
8	5	6		9				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favoritest year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Kno Were I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A creative project is now at a crossroads.

♉ Taurus April 21-May 21 Your workload will increase dramatically over the next few days.

♊ Gemini May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.

♋ Cancer June 22-July 22 If you force yourself to do something when your heart isn't in it it's unlikely you will make a very good job of it.

♌ Leo July 23-Aug.23 If you push yourself hard today chances are it will pay off in a big way..

♍ Virgo Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.

♎ Libra Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.

♏ Scorpio Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.

♐ Sagittarius Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?

♑ Capricorn Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.

♒ Aquarius Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world

♓ Pisces Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Unstamped Solid Silver	$0.59/gram
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